



Presents for your consideration:

BioFem HRT

- **Special blend of herbs for nutritional support of menopausal and post-menopausal women.**
- **Natural and plant based hormonal support**

Red Clover (Trifolium pratense):

provides a plant source of phytoestrogen isoflavones (genistein, daidzein, formononetin, and biochanin). These isoflavones are typically found in the diet of Asian, Mediterranean and Central American peoples. The actions of these isoflavones include: antioxidant actions, inhibition of various enzymes, and support of various steroidal reproductive hormones. Trifolium isoflavones have been shown to reduce the frequency and severity of hot flashes, promote emotional well-being, and assist in bone health maintenance.

Black Cohosh (Cimicifuga

racemosa): main indications for use are: climacteric (menopausal) complaints, premenstrual and dysmenorrheic neurovegetative disorders. Symptoms of hot flashes, vaginal dryness and thinning, night sweats, sleep disturbances, and emotional symptoms have shown positive benefit with the use of Black Cohosh. Luteinizing hormone levels (LH), but not Follicle Stimulation Hormone (FSH), are significantly reduced with Cimicifuga extracts. Cimicifuga extracts may be a suitable

alternative to estrogens in women having a partial, and possibly even a complete, hysterectomies. Cimicifuga extracts have been shown to potentiate the effects of tamoxifen and do not possess stimulatory effects on estrogen receptor positive cells. Black Cohosh may help prevent bone loss. Extracts were shown to stimulate bone formation even in ovariectomized rats.

BioFem HRT	Amounts per serving
Serving size	1 capsule
Number of servings per container	60
Red Clover (Trifolium pratense 8% Extract)	230 mg.
Black Cohosh (Cimicifuga racemosa 2.5% Extract)	200 mg.
Wild Yam (Dioscorea villosa 10:1)	200 mg.
Dong Quai (Angelica sinensis 6:1)	100 mg.
Pregnenolone	10 mg.
Ferulic Acid	25 mg.
Suggested Dose: Take 1-4 capsules per day or as directed by your health care professional.	

Other Ingredients: Cellulose,

Wild Yam (Dioscorea villosa): is used industrially as the active agent in the half-synthesis of steroid hormones such as progesterone. It has ant-spasmodic actions. A common use is for uterine cramping.

Dong Quai (Angelica Sinensis): does not appear to have estrogenic actions, rather it appears to enhance estrogen regulation. Its traditional use is as a blood tonic, enhancing the circulation, providing energy, vitality and improved resistance to disease.

Pregnenolone: is a natural steroidal hormone found in animal tissues. It is a precursor for the biosynthesis of steroid hormones dehydroepiandrosterone (DHEA) and progesterone. In the ovary, pregnenolone is the precursor to estrogens and progesterone. In the testes, pregnenolone is the precursor to

testosterone. In the adrenal glands, pregnenolone is the precursor to aldosterone, DHEA and cortisol. Pregnenolone is also synthesized in the brain where it acts as a neurosteroid.

Ferulic Acid: from gamma-oryzanol has been shown to reduce elevated levels of FSH, LH and prolactin following ovariectomy in rats. According to Kupperman's index of menopausal symptoms, the symptoms of climacteric disturbance were successfully treated in 85% of the cases.

Not recommended for use during pregnancy, lactation or during therapy with reproductive hormones including estrogen, progesterone and androgen due to possible competitive inhibition.

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Is the logical choice!